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TEN
things
AMERICANS
should know
and
SEVEN
things
AMERICANS
should do

Washington, D. C.

UNITED STATES FOOD ADMINISTRATION

1917

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Form 172

1—303

WHAT AMERICANS SHOULD KNOW

I. Food will win the war. With all the European people living on limited rations, victory must come in a war of exhaustion to the side that has the greatest reserve of food. Our imperative duty in America is, therefore, to supply our Allies with some of the surplus abundance with which this country has been blessed.

II. Our Allies need 220,000,000 bushels of wheat, from us. If we live as we ordinarily do, we can send them 88,000,000 bushels. If we exercise care, we can add 132,000,000 bushels to that and save the day.

III. The supreme need of the hungry world must be met, not by a reduction of needed food quantity, but by a substitution of less-used though equally valuable food materials.

IV. Food-saving in Europe is now proceeding by order of relentless authority, accompanied by much hardship. In our democracy it can be accomplished only through the willing cooperation of a self-denying people anxious to feed nations now suffering the pangs of hunger.

V. There are at least 20,000,000 kitchens in the United States, with 20,000,000 dining rooms, and the avoidance of all waste in these kitchens and wise feeding at all these tables are vital to victory.

VI. It is estimated that the total consumption of flour in the United States, divided by the number of people in the United States, would give an average of 5 pounds per individual per week. If out of this there could be saved one-fifth of that amount, there would be set free over 124,000,000 bushels of wheat for our Allies to mix into their already cheapened bread basis.

VII. Each one of us should find out how much wheat flour we use in our family per week, then plan to use one-fifth more of oatmeal, corn meal, rye, or barley in the breads used. In this way 5,410,000,000 loaves of bread of 20¾ ounces may be saved in a year.

VIII. We use for all purposes 120 pounds of fats per capita per year, when 50 or 60 pounds answers all bodily needs, and a saving of one-third of an ounce of butter and other fats per day will mean 400,000 tons per year for our Allies now suffering a fat famine.

IX. An ounce of sugar saved each day for one year will add 1,200,000 tons to our diminishing sugar supply. There is a world's shortage in sugar.

X. There is a meat shortage in the world. There are 8,000,000 fewer beef cattle in this country than there were in 1890 and 41,000,000 more people. If everyone will save an ounce of meat daily we shall save in one year an additional meat supply equalling 4,800,000 more cattle, each dressed animal weighing 500 pounds.

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WHAT AMERICANS SHOULD DO

I. Serve at least one wheatless meal each day. Use corn, wheatless cereals, and other meals, instead of wheat. Plentiful use of cornmeal, griddle cakes or muffins, rye bread, buckwheat, rice, oatmeal, etc., will help to feed starving humanity in Europe and will help us to win the war.

II. Do not waste sugar. There is a great shortage of sugar in the world. Be sparing, therefore, in the serving of rich cakes and pastries, which waste both wheat and sugar.

III. Do not waste butter. Vegetable fats are usually just as good for cooking, and are sometimes better.

IV. Do not waste meat fats. Vegetable fats and oils make perfect substitutes.

V. Serve at least one meatless meal a day. Serve instead: Fish, poultry, eggs, dairy products, vegetables and fruit, which are nourishing, abundant, and which can not be exported across the ocean.

VI. Eliminate waste. In meal planning, in cooking, and in the serving of portions. Serve unused portions again, made over into salads, stews, and scalloped dishes. Do not cut bread before bringing it to table. Do not serve larger cuts of butter, meat, etc., than are likely to be used. Your family will ask for a second helping when it is needed.

VII. Remember. We are at war, and stern demands will be made of us in every direction. If we do not wish to eat war bread, if we do not wish to be guilty of throwing away food that would give life to hungering men, women, and children, if we do not wish our own boys, when they go to the front, to have lack of bread and meat, we must all learn now to eat wisely and without waste.

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